

Sample TB Article for Use With a High-Risk Population

<Newsletter Article Title>

Though many people may think that tuberculosis (TB) is a disease of the past, it continues to be a problem in <name your state or area>. In our area, approximately <number> percent of all TB cases are occurring in <describe TB case or case rate disparities or high risk groups e.g., people who come from countries where TB is common, racial and ethnic minorities, others>. Among those most impacted by TB in our area are <name and use figures from your area associated with this article's target audience, which may be people from a specific nation or region of the world>.

What is TB?

Tuberculosis (TB) is a disease caused by bacteria called *Mycobacterium tuberculosis*. The bacteria can attack any part of your body, but they usually attack the lungs. TB disease was once the leading cause of death in the United States.

How TB is Spread

One of the most serious challenges posed by active TB is that it can be spread to others through the air. The bacteria are put into the air when a person with TB disease of the lungs or throat coughs, laughs, or sneezes. People nearby may breathe in these bacteria and become infected. If a person lives in close proximity to someone with active TB, such as a family member, or if a person has frequent close contact with someone with active TB, that person is at higher risk for contracting the TB germ.

Knowing the Symptoms

Not everyone infected with TB bacteria becomes sick. As a result, two TB-related conditions can exist: latent TB infection or active TB disease — both of which are treatable and curable.

A Person with Latent TB Infection	A Person with Active TB Disease
<ul style="list-style-type: none"> • has TB bacteria in his/her body that are alive but inactive 	<ul style="list-style-type: none"> • has active TB bacteria in his/her body
<ul style="list-style-type: none"> • has a positive TB skin test 	<ul style="list-style-type: none"> • has a positive TB skin test
<ul style="list-style-type: none"> • has a normal chest x-ray 	<ul style="list-style-type: none"> • may have an abnormal chest x-ray
<ul style="list-style-type: none"> • does not feel sick and is not contagious 	<ul style="list-style-type: none"> • may spread TB bacteria to others
<ul style="list-style-type: none"> • may become sick if the bacteria become active in his/her body 	<ul style="list-style-type: none"> • feels sick and experiences symptoms such as coughing, fever, and weight loss
<ul style="list-style-type: none"> • should consider treatment for latent TB infection to prevent active TB disease 	<ul style="list-style-type: none"> • needs treatment to cure active TB disease

Many people who have latent TB infection never develop TB disease. In these people, the TB bacteria remain inactive for a lifetime without causing disease. But in other people, especially people who have weak immune systems, the bacteria become active and cause TB disease.

Getting Treatment

The good news is that persons with either latent TB infection or active TB disease can be effectively treated. The first step is to identify persons with latent TB infection or active TB disease by ensuring that they get a TB skin test and any other needed tests. The second step is to help the people with latent TB infection and those with active TB disease get proper treatment. Rapid progression from latent TB infection to active TB disease can easily be prevented. Active TB disease can be treated and cured.

In <name your area, describe the TB services available, their cost, if any, and where they can be accessed>. The privacy of those using TB services is respected and all patient information is kept in strict confidence. The medication used to cure TB is given to patients by medical professionals and must be taken as directed. Taking the medication as directed is very important because failure to take the medications as indicated can result in a person developing or transmitting drug-resistant forms of TB, which can lead to serious health problems for themselves and their loved ones.

About <Partnership name>

<Insert name and title of respected leader from this community> is a valued member serving on the <name of your TB partnership>. The partnership is

composed of <list stakeholder groups or agencies> that are committed to <describe the purpose of your partnership and any programs that may be of interest to this article's target audience>. For more information about the partnership, please contact <community leader's name, phone number, and if available, an e-mail address>.